



Synopsis of Program @ Commonwealth Club, San Francisco 12/3/19

*More information is available from the program organizer:* Camilla Rees, MBA

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## **“Humanity at a Crossroads: New Insights into Technology Risks for Humans and the Planet”**

**Introduction:** There is a natural harmony in Nature that humankind has lived within for hundreds of millions of years. Circadian rhythms are embedded in the genomes of almost all life forms. The consumer tech and telecommunications sectors are increasingly disconnecting us from those natural, well-balanced rhythms, in obvious, as well as some little known, but critically important, ways. The program presented the biological and health effects of both natural electromagnetic waves innate to the body, and man-made electromagnetic waves from wireless technologies, including concerns over the coming 4G/5G ‘antenna densification’. It will also include the mental health and relational impacts of tech overuse and addiction. Importantly, new scientific understanding will be shared about what is driving the biological effects, which relates to our body being mostly comprised of water. 99% of our biomolecules are water (60-70% by weight). It is known that stable, coherent molecular fields create harmonic, healthy, high vitality systems.

New research by a European team, including a former Telecom Industry Director of Research & Development, shows how electromagnetic fields, such as from cell phones and antenna infrastructure, have instant influence on all of our biological system upon exposure, destroying the coherence of water molecules throughout our bodies. This then impairs the ability to auto-regulate, or maintain homeostasis, with profound downstream physical and mental health effects.

The cascade of effects related to chaotic molecular fields include: negative impacts on brain function, attention, memory, learning capacity, moods, intelligence, the ability to feel connected to the ‘bigger whole’, or the quantum field, and much more. The insights from this research reveal an entirely new, previously unknown mechanism of action whereby water is playing an important role in the means by which Radiofrequency Radiation emitted by wireless technologies (as well as other pollutants) changes biology, with system-wide effects.

The emerging understanding of the changeable nature of water also instructs on how coherence in chaotic water molecules can be naturally restored, including potentially in cases of polluted bodies of water, and in soil and groundwater systems damaged by fertilizers and pesticides.



**Karl Maret, M.D., M.Eng.,** Researcher in Electromagnetic Fields

**CV:** Dr. Karl Maret is President of Dove Health Alliance, a non-profit foundation in Aptos, CA, and Senior Research Fellow at the National Institute for Science, Law and Public Policy in Washington, D.C. He holds an M.D. degree, a Masters in Biomedical Engineering and a B.S. in Electrical Engineering, and in addition, earlier in his career he worked in electromagnetic field (EMF) research for the Canadian military. Dr. Maret's technical and medical qualifications make him uniquely capable of addressing both present-day concerns about the biological and health effects of electromagnetic fields, as well as questions about the new, more complex aspects of next generation 4G and 5G technologies. He educates physicians on the biological impacts of communication technologies, such as cell phones, wireless electronics, 'smart' meters and antenna infrastructure; on ways patients can optimize resilience; and on approaches to remediation. He serves on the Advisory Board of the Building Biology Institute, a training institute for architects, engineers, health practitioners and environmental consultants that addresses the vital and complex interrelationship between the natural and built environments. In addition to expertise in electromagnetic fields, Dr. Maret is also expert in numerous emerging disciplines within Energy Medicine, such as frontier healing modalities using sound and light. He has presented at many international conferences on these topics, including giving annual presentations for over a decade at the German Society for Energy and Informational Medicine.

**Major Points:**

- Blue Cross/Blue Shield reports that American youths after 27 are experiencing health decline & higher rates of heart disease and nervous disorders than previously
- Gunnar Heuser of UCLA studied LA Fireman exposure to EMF at stations was unhealthy
- World Health Organization rates EMF exposure as a 2B carcinogen
- Neurological diseases have tripled in people over 75 years of age
- US Navy has known since 1971 that micro-wave exposure has negative health effects
- On-line use now averages 5hrs/day which equals 4 months of waking hours
- 5G systems will have side lobes which will effect non-users when close to cell phone users
- 5G currently deployed in 3-8% of Europe & California
- D. Belpomme (France) reported increased inflammation & high histamine from EMF

**Nicholas Kardaras, PhD,** CEO, Omega Recovery (Austin) & Maui Recovery (Hawaii)

**CV:** Dr. Nicholas Kardaras, PhD is an internationally renowned expert in addiction, mental health and impacts of the digital age. He is author of the best-selling book, ***Glow Kids: How Screen Addiction is Hijacking Our Kids—and How to Break the Trance***, the seminal book on the clinical, neurological and sociological impacts of Tech Addiction, now available in 10 languages. Dr. Kardaras has clinically worked with over 2,000 teens and young people over the past 20 years, has been active in advocating that screen addiction be recognized as a clinical disorder akin to substance addiction, and has developed the most comprehensive treatment protocols to treat this emerging global epidemic. Dr. Kardaras is also the



author of *“How Plato and Pythagoras Can Save Your Life”* (Conari, 2011). He has devoted his life to helping others find their path to recovery, healing and a life of meaning and purpose.

A former Clinical Professor at Stony Brook Medicine, where he specialized in teaching the neurophysiology, psychopathology and the treatment of addiction, Dr. Kardaras has also taught neuropsychology as well as philosophy at the doctoral-level and has worked closely in developing clinical protocols with Dr. Howard Shaffer, Associate Professor at Harvard Medical School and the Director of their Division of Addiction. Today, Dr. Kardaras is increasingly focused on technology’s impacts on humanity as a whole, including under-recognized biological, psychological, emotional and developmental effects.

### **Major Points:**

- Henry David Thoreau; “We’ve become the tool of our tools”
- Screen devices use three basic human needs to get users addicted; 1) Need for connection with others, 2) Desire for knowledge-curiosity, 3) Desire to participate in “Hero’s Journey”
- There’s a new fear/psychosis; “Nomophobia”: Oh no, I don’t have my phone!
- Dopamine release of this feel good neurotransmitter; smart phone & video games provide 100% as much as a sexual orgasm. Food consumption provides only 50% of sexual orgasm and cocaine provides 350% of sexual orgasm.
- Military burn victims experience no pain when watching Disney virtual reality Snow World game compared to some pain when administered morphine.
- Screen time kills love of reading
- One million Americans now live in a virtual reality.
- Video games are engineered to raise player’s blood pressure. 10% of US population is pre-disposed to addictions.
- Former Facebook Executive Sean Parker said on 11/9/17, “We’ve created a monster”
- People from 18-34 years of age have seen a 35% increase in suicides in the last 10 years.
- We’ve outsourced memory to smartphones, reducing brain development in hypothalamus.

### **Dolf Zantinge**, International businessman and humanitarian

**CV:** Dolf Zantinge is a pioneer IT entrepreneur with a background in fiber optics, telecommunications, data mining, enterprise solutions and artificial intelligence. Early in his career, he co-founded Syllogic, an international IT firm integrating artificial intelligence, machine learning and database management systems, sold eventually to Perot Systems, where he became a European Director. Later he worked for KPN, the largest Dutch telecommunications company, where, as Director of IT, he was responsible for IT Research and Development for new technology. He went on to found and Chair UNET, one of the first fiber optics companies in Europe. He is widely published in the field of technical innovation and the influence of technology on society, and is an adviser to organizations and governments on issues relating to innovation, clean tech and renewable energy. Dolf’s career took an unusual turn when he pursued the



study of Chinese Medicine/Acupuncture and began seriously exploring the biological impacts of electromagnetic frequencies. For the past two decades, his focus, along with collaborator, veterinarian, Eric Laarakker, DVM, and a team of scientists, has been on deepening understanding in this area, and has included research in biophotonics, water, light, and system physiology. Together they have documented important new insights about the physiological effects of electromagnetic fields, including, importantly, effects on many biological systems, including the brain, that are expected to be game changing for the telecommunications industry. This former telecom executive cautions wireless exposures, with presently used frequencies, are biologically disruptive in ways that have not previously been understood.

### **Major Points:**

- Water is a liquid crystal and communicates with electro-magnetic fields
- Human body is 99% water molecules. Full coherent water is best for living things.
- Water is arranged in either chaotic or coherent molecular arrays. Coherent arrays connect with the quantum field. Plants and all living things grow better with water that is coherently structured.
- Rain water that falls through microwave discordant fields becomes chaotically arranged as it falls to earth.
- Human digestive system is a second brain. Coherent water supports healthy stomach bacteria. Healthy humans have about 1,200 bacteria species in their systems. Americans due to food and EMF exposure have only about 400-500 healthy bacteria.
- Switzerland and Brussels, Belgium have prohibited %G over airwaves by law.
- Mr. Zantinge has created devices to program water into coherence and plans on distributing in Europe first.

Contact info: [www.waterandlight.edu](http://www.waterandlight.edu)